

Fond du Lac County Health Priorities Report 2014

Commissioned by:
**Agnesian HealthCare
Fond du Lac Area United Way
Fond du Lac County Health Department
Fond du Lac Family YMCA
Fond du Lac School District**

Prepared by:
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Purpose

The purpose of this report is to provide community leaders with a snapshot of Fond du Lac county adult and student health data in six key areas of interest: physical health and well-being, tobacco use, alcohol use, misuse of prescription medication, mental health and dental care access. The health department, health care systems and non-profit organizations conducted adult community health surveys three times in the past decade. School districts within the county conducted student surveys in the same years. State and national measurements and Healthy People 2020 Goals (HP2020) are included, when possible, for additional comparison.

This report was commissioned by Agnesian HealthCare, Fond du Lac Area United Way, Fond du Lac County Health Department, Fond du Lac Family YMCA and Fond du Lac School District.

For technical information about adult or student survey methodology, contact Janet Kempf Vande Hey, JKV Research, at (920) 439-1399 or janet.vandehey@jkvresearch.com. For further information about the adult survey, contact Kimberly Mueller, Fond du Lac County Health Department, at (920) 929-3085. Information about the student survey is available from Marian Sheridan, Fond du Lac School District School Health and Safety Programs, at (920) 906-6548. Please see the 2014 Fond du Lac County Community Health Survey Report and the 2014 Student Health Experiences and Attitudes Survey Report for complete survey data and analysis.

Methodology

Adult Survey

Four hundred respondents were scientifically selected so the survey would be representative of all adults 18 and older in the county. The sampling strategy was two-fold. 1) A random-digit-dial landline sample of telephone numbers which included listed and unlisted numbers (75%), with weighting based on the number of adults in the household and the number of residential phone numbers, to take into account the probability of selection. 2) A cell phone-only sample where the person answering the phone, if an adult was selected as the respondent (25%). Combined, post-stratification was conducted by sex and age to reflect the 2010 census proportion of these characteristics in the county. The margin of error, ± 5 percent, provides confidence in the data; 95 times out of 100, the true value will likely be somewhere between the lower and upper bound. The margin of error for smaller subgroups will be larger than ± 5 percent, since fewer respondents are in that category.

In the 2008 Community Health Survey, the cell phone-only sample was 20% of the 400 completed interviews and at that time a reimbursement of \$20 was offered to respondents to cover the cost of incoming minutes. Data was post-stratified to the 2000 Census proportions in the county. The 2005 Community Health Survey did not include a cell-only sample.

Student Survey

All students in 8th, 10th and 11th grade were asked to participate in the anonymous and confidential survey. Passive consent forms were issued about one week prior to the survey. The 124-question survey was administered by trained volunteers and staff. Surveys were completed online through a protected link or as a paper-and-pencil survey, as requested by the district administrator.

In 2014, the school districts of Campbellsport, Fond du Lac, North Fond du Lac, St. Mary's Springs Academy and Winnebago Lutheran Academy partnered together to conduct the identical student health survey. A total of 2,123 out of a possible 2,484 surveys were completed, for an 85% overall response rate. In 2008, 1,455 out of a possible 1,671 surveys were completed in the Fond du Lac School District, for an 87% overall response rate. In 2005, 1,557 out of a possible 1,809 surveys were completed in the Fond du Lac School District, for an 86% overall response rate. In each survey year, we can be 95% sure that the sample percentage reported would not vary by more than $\pm 1\%$. The margin of error for smaller subgroups will be larger.

Key Findings Data

I. Physical Health and Well-Being

Physical Activity

In 2014, 41% of adult respondents did moderate physical activity five times a week for at least 30 minutes while 33% did vigorous activity three times a week for 20 minutes. Respondents 18 to 44 years old, in the bottom 60 percent household income bracket or not overweight were more likely to report moderate physical activity. Respondents who were 18 to 34 years old or not overweight were more likely to report vigorous physical activity. Combined, 55% of adult respondents met the recommended amount of physical activity (vigorous three times a week for at least 20 minutes or moderate five times a week for at least 30 minutes). Respondents who were male, 18 to 34 years old, in the bottom 60 percent household income bracket, or not overweight were more likely to meet the recommended amount of physical activity. From 2005 to 2014, there was a statistical increase in the overall percent of adult respondents who reported moderate physical activity five times a week for at least 30 minutes. From 2008 to 2014, there was a statistical increase in the overall percent of adult respondents who reported vigorous physical activity three times a week for at least 20 minutes. From 2008 to 2014, there was no statistical change in the overall percent of adult respondents who met the recommended amount of physical activity.

In 2014, 71% of student respondents did vigorous activity three times a week for 20 minutes; respondents in younger grades, who were male or with higher academic grades were more likely to report this. From 2005 to 2014, there was a no statistical change in the overall percent of student respondents who reported vigorous physical activity three times a week for at least 20 minutes.

Moderate Physical Activity (30 Min/5+ Week) ¹							
Adult	2005	2008	2014	Student	2005	2008	2014
Fond du Lac County	28%	46%	41%	Fond du Lac County			NA
Wisconsin (2005)			42%	Wisconsin			NA
U.S. (2005)			33%	U.S.			NA

¹Moderate physical activity includes walking briskly, vacuuming, gardening or anything else that causes small increases in breathing or heart rate.

Vigorous Physical Activity (20 Min/3+ Week) ¹							
Adult	2005	2008	2014	Student	2005	2008	2014
Fond du Lac County		26%	33%	Fond du Lac County	71%	75%	71%
Wisconsin (2009)			31%	Wisconsin (2007)			69%
U.S. (2009)			29%	U.S. (2007)			69%

¹Vigorous physical activity includes running, aerobics, heavy yard work, or anything else that causes large increases in breathing or heart rate.

Met Recommended Amount of Physical Activity (Vigorous 20 Min/3+ Week or Moderate 30 Min/5+ Week)							
Adult	2005	2008	2014	Student	2005	2008	2014
Fond du Lac County		52%	55%	Fond du Lac County			NA
Wisconsin (2009)			53%	Wisconsin			NA
U.S. (2009)			51%	U.S.			NA

Overweight and Obesity

In 2014, 69% of adult respondents were classified as overweight, with 34% obese. Respondents who were male, 55 to 64 years old, with some post high school education, in the middle 20 percent household income bracket or who did not meet the recommended amount of physical activity were more likely to be classified as overweight. Respondents who were 35 to 44 years old or who did not meet the recommended amount of physical activity were more likely to be classified as obese. From 2005 to 2014, there was a statistical increase in the overall percent of adult respondents being overweight or obese.

In 2014, 25% of student respondents were classified as overweight, with 11% obese. Respondents with lower academic grades were more likely to be classified as overweight while respondents who were male or with lower academic grades were more likely to be obese. From 2008 to 2014, there was no statistical change in the overall percent of student respondents being overweight or obese.

Overweight¹							
Adult	2005	2008	2014	Student	2005	2008	2014
Fond du Lac County	62%	62%	69%	Fond du Lac County		27%	25%
Wisconsin (2013)			67%	Wisconsin (2013)			25%
U.S. (2013)			64%	U.S. (2013)			30%
HP2020 Goal			66%				

¹Overweight status was calculated using the Center for Disease Control's Body Mass Index (BMI). Body Mass Index is calculated by using kilograms/meter². An adult BMI of 25.0 or more is considered overweight. Student BMI was calculated using CDC's single-year growth charts.

Obese¹							
Adult	2005	2008	2014	Student	2005	2008	2014
Fond du Lac County	24%	26%	34%	Fond du Lac County		12%	11%
Wisconsin (2013)			30%	Wisconsin (2013)			12%
U.S. (2013)			29%	U.S. (2013)			14%
HP2020 Goal			31%	HP2020 Goal			16%

¹A BMI of 30.0 or more is considered obese.

Nutrition

In 2014, 61% of adult respondents reported two or more servings of fruit while 32% reported three or more servings of vegetables on an average day. Respondents who were female, with a college education, who were not overweight or who met the recommended amount of physical activity were more likely to report at least two servings of fruit. Respondents who were female or with a college education were more likely to report at least three servings of vegetables on an average day. Forty-two percent of adult respondents reported in the last two weeks their decision to buy or use a food product was changed because they read the nutritional label. Respondents who were female, 35 to 44 years old, in the top 40 percent household income bracket, married or not overweight were more likely to have changed their decision to purchase or use a food product after reading the label. From 2005 to 2014, there was a statistical decrease in the overall percent of adult respondents who reported at least two servings of fruit on an average day. From 2005 to 2014, there was no statistical change in the overall percent of adult respondents who reported at least three servings of vegetables on an average day.

In 2014, 67% of student respondents reported two or more servings of fruit while 24% reported three or more servings of vegetables on the day before the survey was taken. Respondents with higher academic grades were more likely to report at least two servings of fruit or three servings of vegetables. Fifty-six percent of student respondents had milk or dairy products at least three times the day before the survey; respondents who were male, with higher academic grades or overweight were more likely to report this. From 2005 to 2014, there was no statistical change in the overall percent of student respondents who reported at least two servings of fruit or at least three servings of vegetables. From 2005 to 2014, there was a statistical decrease in the overall percent of student respondents who reported at least three servings of milk/dairy.

Fruit Intake (2+ servings/day)							
Adult	<u>2005</u>	<u>2008</u>	<u>2014</u>	Student	<u>2005</u>	<u>2008</u>	<u>2014</u>
Fond du Lac County	68%	60%	61%	Fond du Lac County	69%	71%	67%
Wisconsin			NA	Wisconsin (2013)			34%
U.S.			NA	U.S. (2013)			33%

Vegetable Intake (3+ servings/day)							
Adult	<u>2005</u>	<u>2008</u>	<u>2014</u>	Student	<u>2005</u>	<u>2008</u>	<u>2014</u>
Fond du Lac County	27%	26%	32%	Fond du Lac County	23%	26%	24%
Wisconsin			NA	Wisconsin (2011)			13%
U.S.			NA	U.S. (2013)			16%

Milk/Dairy Intake (3+ servings/day)							
Adult	<u>2005</u>	<u>2008</u>	<u>2014</u>	Student	<u>2005</u>	<u>2008</u>	<u>2014</u>
Fond du Lac County			NA	Fond du Lac County	61%	60%	56%
Wisconsin			NA	Wisconsin (2013) ¹			22%
U.S.			NA	U.S. (2013) ¹			13%

¹Glasses of milk

Changed Decision to Purchase or Use Food After Reading Label (Past Two Weeks)							
Adult	<u>2005</u>	<u>2008</u>	<u>2014</u>	Student	<u>2005</u>	<u>2008</u>	<u>2014</u>
Fond du Lac County			42%	Fond du Lac County			NA
Wisconsin			NA	Wisconsin			NA
U.S. (2008)			49%	U.S.			NA

II. Cigarettes and Other Tobacco Products

Current Cigarette Smoker

In 2014, 20% of adult respondents were current tobacco cigarette smokers; respondents 18 to 34 years old, 45 to 54 years old, with a high school education or less or in the bottom 60 percent household income bracket were more likely to be a smoker. In the past 12 months, 62% of current adult smokers quit smoking for one day or longer because they were trying to quit. Sixty-two percent of current adult smokers who saw a health professional in the past year reported the professional advised them to quit smoking. From 2005 to 2014, there was no statistical change in the overall percent of adult respondents who were current tobacco cigarette smokers. From 2005 to 2014, there was a statistical increase in the overall percent of current adult smokers who reported they quit smoking for one day or longer in the past 12 months because they were trying to quit. From 2005 to 2014, there was no statistical change in the overall percent of current adult smokers who reported their health professional advised them to quit smoking.

In 2014, 7% of student respondents were current tobacco cigarette smokers; respondents in older grades or with lower academic grades were more likely to be a smoker. Eighteen percent of current student smokers were heavy smokers (11+ cigarettes per day). In the past 12 months, 48% of current student smokers quit smoking for one day or longer because they were trying to quit. From 2005 to 2014, there was a statistical decrease in the overall percent of student respondents who were current tobacco cigarette smokers. From 2005 to 2014, there was no statistical change in the overall percent of current student smokers who were heavy smokers or who reported they quit smoking for one day or longer in the past 12 months because they were trying to quit.

Current Smoker (Past 30 Days)							
Adult	<u>2005</u>	<u>2008</u>	<u>2014</u>	Student	<u>2005</u>	<u>2008</u>	<u>2014</u>
Fond du Lac County	20%	27%	20%	Fond du Lac County	21%	22%	7%
Wisconsin (2013)			19%	Wisconsin (2013)			12%
U.S. (2013)			19%	U.S. (2013)			16%
<i>HP2020 Goal</i>			12%	<i>HP2020 Goal</i>			16%

Current Smoker: 11 or More Cigarettes Per Day on Days Smoked							
Adult	<u>2005</u>	<u>2008</u>	<u>2014</u>	Student	<u>2005</u>	<u>2008</u>	<u>2014</u>
Fond du Lac County			NA	Fond du Lac County	18%	15%	18%
Wisconsin			NA	Wisconsin (2013)			10%
U.S.			NA	U.S. (2013)			9%

Current Smoker: Tried to Quit Smoking (Past 12 Months)							
Adult	<u>2005</u>	<u>2008</u>	<u>2014</u>	Student	<u>2005</u>	<u>2008</u>	<u>2014</u>
Fond du Lac County	46%	45%	62%	Fond du Lac County	48%	47%	48%
Wisconsin (2005)			49%	Wisconsin (2013)			46%
U.S. (2005)			56%	U.S. (2013)			48%
<i>HP2020 Goal</i>			80%	<i>HP2020 Goal</i>			64%

Current Smoker: Health Care Professional Advised Smoker to Quit (Past 12 Months)							
Adult	<u>2005</u>	<u>2008</u>	<u>2014</u>	Student	<u>2005</u>	<u>2008</u>	<u>2014</u>
Fond du Lac County	77%	63%	62%	Fond du Lac County			NA
Wisconsin			NA	Wisconsin			NA
U.S.			NA	U.S.			NA

Cigarette Initiation

In 2014, 77% of student respondents reported they never tried a cigarette; female respondents were more likely to report this. Ten percent of student respondents reported they tried their first cigarette, even just a puff, before age 13 years old. Respondents with lower academic grades were more likely to have tried a cigarette before age 13. From 2005 to 2014, there was a statistical increase in the overall percent of student respondents who reported they never tried cigarettes. From 2005 to 2014, there was a statistical decrease in the overall percent of student respondents who reported they tried their first cigarette before age 13.

Never Smoked a Cigarette							
Adult	<u>2005</u>	<u>2008</u>	<u>2014</u>	Student	<u>2005</u>	<u>2008</u>	<u>2014</u>
Fond du Lac County			NA	Fond du Lac County	62%	57%	77%
Wisconsin			NA	Wisconsin (2013)			67%
U.S.			NA	U.S. (2013)			59%

Tried First Cigarette Before Age 13							
Adult	<u>2005</u>	<u>2008</u>	<u>2014</u>	Student	<u>2005</u>	<u>2008</u>	<u>2014</u>
Fond du Lac County			NA	Fond du Lac County	15%	21%	10%
Wisconsin			NA	Wisconsin (2013)			7%
U.S.			NA	U.S. (2013)			9%

Exposure to Second-Hand Smoke

In 2014, 83% of adult respondents reported smoking is not allowed anywhere inside the home. Respondents who were in the top 40 percent household income bracket, married, nonsmokers or in households with children were more likely to report smoking is not allowed anywhere inside the home. Eighteen percent of nonsmoking adult respondents reported they were exposed to second-hand smoke in the past seven days; respondents who were male or unmarried were more likely to report this. From 2008 to 2014, there was a statistical increase in the overall percent of adult respondents who reported smoking is not allowed anywhere inside the home. From 2008 to 2014, there was a statistical decrease in the overall percent of adult respondents who reported they were exposed to second-hand smoke in the past seven days.

In 2014, 78% of student respondents reported smoking is not allowed anywhere inside the home; nonsmoking students were more likely to report this. From 2005 to 2014, there was a statistical increase in the overall percent of student respondents who reported smoking is not allowed anywhere inside the home.

Smoking Not Allowed Anywhere in Home							
Adult	2005	2008	2014	Student	2005	2008	2014
Fond du Lac County		74%	83%	Fond du Lac County	69%	70%	78%
Wisconsin (2003)			75%	Wisconsin			NA
U.S. (2006-2007 CPS)			79%	U.S.			NA
HP2020 Goal			87%				

Nonsmokers Exposed to Second-Hand Smoke (Past Week)							
Adult	2005	2008	2014	Student	2005	2008	2014
Fond du Lac County		41%	18%	Fond du Lac County			NA
Wisconsin			NA	Wisconsin			NA
U.S.			NA	U.S.			NA
HP2020 Goal			34%	HP2020 Goal			41%

Risk and Disapproval of Cigarette Use

In 2014, 61% of student respondents reported a great risk for someone who smoked at least a pack a day; respondents who were female or with higher academic grades were more likely to report this. Seventy-nine percent of student respondents reported their friends would say it was very wrong/wrong for the respondent to smoke tobacco while 92% reported their parents would say it was very wrong/wrong. Respondents in younger grades or with higher academic grades were more likely to report friend as well as parent disapproval. From 2005 to 2014, there was no statistical change in the overall percent of student respondents who reported a great risk smoking a pack of cigarettes a day. From 2005 to 2014, there was a statistical increase in the overall percent of student respondents who reported their parents would say it was very wrong/wrong for them to smoke tobacco.

Great Risk Smoking at Least a Pack a Day							
Adult	2005	2008	2014	Student	2005	2008	2014
Fond du Lac County			NA	Fond du Lac County	61%	70%	61%
Wisconsin			NA	Wisconsin (2007)			72%
U.S.			NA	U.S.			NA

Friend Disapproval of Respondent Smoking Tobacco (Very Wrong/Wrong)							
Adult	2005	2008	2014	Student	2005	2008	2014
Fond du Lac County			NA	Fond du Lac County			79%
Wisconsin			NA	Wisconsin			NA
U.S.			NA	U.S.			NA

Parent Disapproval of Respondent Smoking Tobacco (Very Wrong/Wrong)						
Adult	2005	2008	2014	Student	2005	2008 2014
Fond du Lac County			NA	Fond du Lac County	80%	80% 92%
Wisconsin			NA	Wisconsin (2007)		85%
U.S.			NA	U.S.		NA

Tobacco in the Community

In 2014, 40% of student respondents reported it was very easy/fairly easy to obtain tobacco; respondents in older grades or with lower academic grades were more likely to report this. Fifty percent of student respondents reported the community is actively discouraging or saying it is not OK for students to use tobacco in the ways that these products are advertised, promoted and sold. Respondents in younger grades, who were male, or with higher academic grades were more likely to report the community is discouraging tobacco use among students. From 2005 to 2014, there was a statistical decrease in the overall percent of student respondents who reported very easy/fairly easy to obtain tobacco. From 2005 to 2014, there was no statistical change in the overall percent of student respondents who reported the community is actively discouraging/thinks it is not OK for students to use tobacco.

Very Easy/Fairly Easy to Access Tobacco						
Adult	2005	2008	2014	Student	2005	2008 2014
Fond du Lac County			NA	Fond du Lac County	57%	57% 40%
Wisconsin			NA	Wisconsin		NA
U.S.			NA	U.S.		NA

Community Actively Discouraging/Says It's Not OK for Students to Use Tobacco						
Adult	2005	2008	2014	Student	2005	2008 2014
Fond du Lac County			NA	Fond du Lac County	50%	51% 50%
Wisconsin			NA	Wisconsin		NA
U.S.			NA	U.S.		NA

Smokeless Tobacco

In 2014, 9% of adult respondents used smokeless tobacco in the past month; respondents who were male, 18 to 34 years old, with a high school education or less, or unmarried were more likely to use smokeless tobacco.

In 2014, 3% of student respondents used smokeless tobacco in the past month. Respondents in older grades, who were male or with lower academic grades were more likely to use smokeless tobacco. Ninety-one percent of student respondents never tried smokeless tobacco; respondents who were female or with higher academic grades were more likely to report this. Two percent of student respondents reported they tried smokeless tobacco for the first time before age 13 years old. From 2005 to 2014, there was a statistical decrease in the overall percent of student respondents reporting smokeless tobacco use in the past month. From 2005 to 2014, there was no statistical change in the percent of student respondents reporting they never tried smokeless tobacco or they tried it before age 13.

Smokeless Tobacco (Past Month)						
Adult	2005	2008	2014	Student	2005	2008 2014
Fond du Lac County			9%	Fond du Lac County	5%	8% 3%
Wisconsin (2013)			4%	Wisconsin (2013)		8%
U.S. (2013)			4%	U.S. (2013)		9%
HP2020 Goal			0.3%	HP2020 Goal		7%

Never Tried Smokeless Tobacco						
Adult	2005	2008	2014	Student	2005	2008 2014
Fond du Lac County			NA	Fond du Lac County	90%	85% 91%
Wisconsin			NA	Wisconsin		NA
U.S.			NA	U.S.		NA

Tried Smokeless Tobacco Before Age 13						
Adult	2005	2008	2014	Student	2005	2008 2014
Fond du Lac County			NA	Fond du Lac County	2%	4% 2%
Wisconsin			NA	Wisconsin		NA
U.S.			NA	U.S.		NA

Electronic Cigarettes and Cigars

In 2014, 7% of adult respondents reported they used electronic cigarettes. Respondents who were male, 18 to 34 years old, with a high school education or less, or unmarried were more likely to use electronic cigarettes. Six percent of adult respondents used cigars, cigarillos or little cigars in the past month; male respondents were more likely to report this.

In 2014, 6% of student respondents used cigars, cigarillos or little cigars in the past month; respondents in older grades or with lower academic grades were more likely to report this. From 2005 to 2014, there was a statistical decrease in the overall percent of student respondents reporting cigar use in the past month.

Cigars, Cigarillos or Little Cigars (Past Month)						
Adult	2005	2008	2014	Student	2005	2008 2014
Fond du Lac County			6%	Fond du Lac County	12%	17% 6%
Wisconsin			NA	Wisconsin (2013)		12%
U.S.			NA	U.S. (2013)		13%
HP2020 Goal			0.2%	HP2020 Goal		8%

Electronic Cigarettes (Past Month)						
Adult	2005	2008	2014	Student	2005	2008 2014
Fond du Lac County			7%	Fond du Lac County		NA
Wisconsin			NA	Wisconsin		NA
U.S.			NA	U.S.		NA

III. Prescription Medication Misuse/Abuse

Misuse/Abuse of Prescription Medication

In 2014, 2% of adult respondents reported in the past 12 months they took prescription medication like OxyContin, Vicodin, Ritalin, Adderall, Ambien, Xanax or Valium that was not prescribed for them or they took it only for the experience or feeling it caused. From 2008 to 2014, there was no statistical change in the overall percent of adult respondents who reported they misused or abused prescription medication.

In 2014, 7% of student respondents reported in the past year they misused at least one of the four prescription medication types (stimulants, tranquilizers, sedatives or pain medications) as listed in four separate questions. Students in older grades or with lower academic grades were more likely to report the misuse of a prescription medication in the past year. Eighty-seven percent of student respondents reported they never misused prescription

medication; respondents with higher academic grades were more likely to report this. Three percent of student respondents reported they misused prescription medication for the first time before age 13 years old.

Misused/Abused Prescription Medication (Past Year)						
Adult	2005	2008	2014	Student	2005	2008 2014
Fond du Lac County ¹		3%	2%	Fond du Lac County ³		7%
Wisconsin			NA	Wisconsin		NA
U.S.			NA	U.S.		NA
HP2020 Goal ²			6%			

¹Adult non-medical use in Fond du Lac County determined by one question with a list of common prescription medications.

²Adult HP2020 Goal broken down into four separate questions (prescription pain relievers, tranquilizers, sedatives and stimulants).

³Student non-medical use in Fond du Lac County determined by four separate questions (prescription pain relievers, tranquilizers, sedatives and stimulants).

Never Misused Prescription Medication						
Adult	2005	2008	2014	Student	2005	2008 2014
Fond du Lac County			NA	Fond du Lac County		87%
Wisconsin			NA	Wisconsin (2013)		85%
U.S.			NA	U.S. (2013)		82%

Misused Prescription Medication Before Age 13						
Adult	2005	2008	2014	Student	2005	2008 2014
Fond du Lac County			NA	Fond du Lac County		3%
Wisconsin			NA	Wisconsin		NA
U.S.			NA	U.S.		NA

Risk and Disapproval of Prescription Medication Misuse

In 2014, 57% of student respondents reported a great risk for someone who uses prescription medication not prescribed to them; respondents who were female or with higher academic grades were more likely to report this. Eighty-six percent of student respondents reported their friends would say it was very wrong/wrong for the respondent to use prescription medication not prescribed to them while 94% reported their parents would say it was very wrong/wrong. Respondents in younger grades or with higher academic grades were more likely to report friend disapproval while respondents with higher academic grades were more likely to report parent disapproval. From 2008 to 2014, there was a statistical decrease in the overall percent of student respondents who reported a great risk misusing prescription medication. From 2005 to 2014, there was a statistical increase in the overall percent of student respondents who reported their parents would say it was very wrong/wrong for them to misuse prescription medication.

Great Risk Using Medication Not Prescribed to Them						
Adult	2005	2008	2014	Student	2005	2008 2014
Fond du Lac County			NA	Fond du Lac County	62%	57%
Wisconsin			NA	Wisconsin		NA
U.S.			NA	U.S.		NA

Friend Disapproval of Respondent Using Medication Not Prescribed to Them (Very Wrong/Wrong)						
Adult	2005	2008	2014	Student	2005	2008 2014
Fond du Lac County			NA	Fond du Lac County		86%
Wisconsin			NA	Wisconsin		NA
U.S.			NA	U.S.		NA

Parent Disapproval of Respondent Using Medication Not Prescribed to Them (Very Wrong/Wrong)						
Adult	2005	2008	2014	Student	2005	2008 2014
Fond du Lac County			NA	Fond du Lac County		89% 94%
Wisconsin			NA	Wisconsin		NA
U.S.			NA	U.S.		NA

Prescription Medications in Community

In 2014, 37% of student respondents reported it was very easy/fairly easy to obtain prescription medication for the purpose of misusing; respondents in older grades or who were female were more likely to report this. Twenty-eight percent of student respondents who misused prescription medication reported their usual source for the medication was friends or fellow students while 23% reported their home medicine cabinet. From 2008 to 2014, there was a statistical decrease in the overall percent of student respondents who reported it was very or fairly easy to access prescription medication to misuse them.

Very Easy/Fairly Easy to Access Prescription Medication to Misuse						
Adult	2005	2008	2014	Student	2005	2008 2014
Fond du Lac County			NA	Fond du Lac County		49% 37%
Wisconsin			NA	Wisconsin		NA
U.S.			NA	U.S.		NA

Friends or Fellow Students as Source of Prescription Medication for Misuse/Abuse						
Adult	2005	2008	2014	Student	2005	2008 2014
Fond du Lac County			NA	Fond du Lac County		28%
Wisconsin			NA	Wisconsin		NA
U.S.			NA	U.S.		NA

Home Medicine Cabinet as Source of Prescription Medication for Misuse/Abuse						
Adult	2005	2008	2014	Student	2005	2008 2014
Fond du Lac County			NA	Fond du Lac County		23%
Wisconsin			NA	Wisconsin		NA
U.S.			NA	U.S.		NA

IV. Alcohol Use

Past Month Alcohol Use

In 2014, 67% of adult respondents had a drink of alcohol in the past 30 days while 9% percent were heavy drinkers. Respondents who were male, 35 to 54 years old, with a college education or in the top 60 percent household income bracket were more likely to have had a drink. Unmarried respondents were more likely to be a heavy drinker in the past month. Forty-two percent of adult respondents were binge drinkers; respondents who were male, 18 to 34 years old or with a high school education or less were more likely report this. Four percent of adult respondents reported in the past month they had been a driver or a passenger when the driver perhaps had too much to drink; respondents 35 to 44 years old were more likely to report this. Five percent of adult respondents reported in the past year there was a household problem associated with drinking alcohol; respondents in the top 40 percent household income bracket were more likely to report a household problem. From 2005 to 2014, there was a statistical increase in the overall percent of adult respondents who binged in the past month. From 2005 to 2014, there was no statistical change in the overall percent of respondents who reported they had a drink, were a heavy drinker, a driver or passenger when the driver perhaps had too much to drink or there was a household problem associated with alcohol.

In 2014, 24% of student respondents had an alcoholic drink in the past 30 days, while 10% were binge drinkers. Respondents in older grades or with lower academic grades were more likely to have had a drink or binged. Fifteen percent of student respondents reported in the past month they were a passenger when the driver had a drink. Respondents in younger grades, female or with lower academic grades were more likely to report being a passenger. Three percent of student respondents 16 years old or older reported they were a driver after they had a drink of alcohol in the past month. From 2005 to 2014, there was a statistical decrease in the overall percent of student respondents who reported in the past month having a drink, binge drinking, being a passenger or a driver when the driver had a drink.

Drank Alcohol (Past Month)							
Adult	2005	2008	2014	Student	2005	2008	2014
Fond du Lac County	65%	72%	67%	Fond du Lac County	41%	46%	24%
Wisconsin (2013)			65%	Wisconsin (2013)			33%
U.S. (2013)			55%	U.S. (2013)			35%

Heavy Drinker (Past Month)							
Adult	2005	2008	2014	Student	2005	2008	2014
Fond du Lac County	6%	10%	9%	Fond du Lac County			NA
Wisconsin (2013)			8%	Wisconsin			NA
U.S. (2013)			6%	U.S.			NA

¹Adult heavy drinking definition is more than 1 drink a day for females (i.e. 31 drinks) and more than 2 drinks a day for males (i.e. 61 drinks).

Binge Drinker (Past Month)							
Adult (4+ Females; 5+ Males) ¹	2005	2008	2014	Student (5+ Females/Males) ^{2,3}	2005	2008	2014
Fond du Lac County	22%	27%	42%	Fond du Lac County	22%	26%	10%
Wisconsin (2013)			23%	Wisconsin (2013)			18%
U.S. (2013)			17%	U.S. (2013)			21%
HP2020 Goal			24%	HP2020 Goal (4+ Females; 5+ Males)			9%

¹Adult binge definitions have varied throughout the years. In 2005, adult binge drinking was 5 or more drinks regardless of gender. In 2008 and 2014, adult binge drinking was 4 or more for females and 5 or more for males to account for metabolism differences. 2013 Wisconsin and U.S. adult binge drinking definition was 4 or more for females and 5 or more for males. HP2020 Goal is 4 or more drinks for females and 5 or more for males.

²Student data at the local, state and national level was 5 or more drinks. However, HP2020 Goal is based on gender differences.

³Wisconsin and U.S. data includes 12th grade whereas Fond du Lac County does not. 12th grade students are typically more likely to have binged than other high school students.

Driven After Had Alcohol (Past Month)¹							
Adult	2005	2008	2014	Student (After a Drink)	2005	2008	2014
Fond du Lac County			NA	Fond du Lac County	13%	16%	3%
Wisconsin			NA	Wisconsin (2013)			9%
U.S.			NA	U.S. (2013)			10%

¹Student survey asks about driving after having a drink of alcohol.

Passenger When Driver Had Alcohol (Past Month)¹						
Adult	<u>2005</u>	<u>2008</u>	<u>2014</u>	Student	<u>2005</u>	<u>2008</u> <u>2014</u>
Fond du Lac County			NA	Fond du Lac County	26%	27% 15%
Wisconsin			NA	Wisconsin (2013)		21%
U.S.			NA	U.S. (2013)		22%
				<i>HP2020 Goal</i>		26%

¹Student survey asks about driving after having a drink of alcohol.

Driver/Passenger When Driver Perhaps Had Too Much Alcohol (Past Month)¹						
Adult	<u>2005</u>	<u>2008</u>	<u>2014</u>	Student	<u>2005</u>	<u>2008</u> <u>2014</u>
Fond du Lac County	4%	3%	4%	Fond du Lac County		NA
Wisconsin			NA	Wisconsin		NA
U.S.			NA	U.S.		NA

¹Adult survey asks about driving after “having perhaps too much too drink”.

Household Problem Associated with Alcohol (Past Year)						
Adult	<u>2005</u>	<u>2008</u>	<u>2014</u>	Student	<u>2005</u>	<u>2008</u> <u>2014</u>
Fond du Lac County	3%	2%	5%	Fond du Lac County		NA
Wisconsin			NA	Wisconsin		NA
U.S.			NA	U.S.		NA

Alcohol Initiation

In 2014, 51% of student respondents reported they never tried more than a sip of alcohol; respondents with higher academic grades were more likely to report this. Twenty-one percent of student respondents reported they tried their first drink of alcohol, more than a sip, before age 13 years old. Respondents with lower academic grades were more likely to have tried alcohol before age 13. From 2008 to 2014, there was a statistical increase in the overall percent of student respondents who reported they never tried alcohol. From 2005 to 2014, there was a statistical decrease in the overall percent of student respondents who reported they tried their first drink of alcohol before age 13.

Never Drank Alcohol						
Adult	<u>2005</u>	<u>2008</u>	<u>2014</u>	Student	<u>2005</u>	<u>2008</u> <u>2014</u>
Fond du Lac County			NA	Fond du Lac County	32%	51%
Wisconsin			NA	Wisconsin (2013)		34%
U.S.			NA	U.S. (2013)		34%

Drank Alcohol Before Age 13						
Adult	<u>2005</u>	<u>2008</u>	<u>2014</u>	Student	<u>2005</u>	<u>2008</u> <u>2014</u>
Fond du Lac County			NA	Fond du Lac County	30%	21%
Wisconsin			NA	Wisconsin (2013)		15%
U.S.			NA	U.S. (2013)		19%

Risk and Disapproval of Alcohol Use

In 2014, 37% of student respondents reported a great risk for someone who has 5 or more drinks once or twice each weekend while 24% reported a great risk for someone who has one or two drinks nearly every day. Respondents who were female or who had higher academic grades were more likely to report each risk. Seventy-five percent of student respondents reported their friends would say it was very wrong/wrong for the respondent to have one or two drinks nearly every day while 88% reported their parents would say it was very wrong/wrong. Respondents in younger grades, female or with higher academic grades were more likely to report friend as well as parent disapproval. From

2005 to 2014, there was a statistical increase in the overall percent of student respondents who reported a great risk having one or two drinks nearly every day while there was no statistical change in the overall percent reporting a great risk having at least 5 drinks once or twice a weekend

Great Risk Having 5 or More Drink Once or Twice Each Weekend						
Adult	2005	2008	2014	Student	2005	2008 2014
Fond du Lac County			NA	Fond du Lac County	38%	40% 37%
Wisconsin			NA	Wisconsin		NA
U.S.			NA	U.S.		NA

Great Risk Having One or Two Drinks Nearly Every Day						
Adult	2005	2008	2014	Student	2005	2008 2014
Fond du Lac County			NA	Fond du Lac County	16%	20% 24%
Wisconsin			NA	Wisconsin		NA
U.S.			NA	U.S.		NA

Friend Disapproval of Respondent Having One or Two Drinks Nearly Every Day (Very Wrong/Wrong)						
Adult	2005	2008	2014	Student	2005	2008 2014
Fond du Lac County			NA	Fond du Lac County		75%
Wisconsin			NA	Wisconsin		NA
U.S.			NA	U.S.		NA

Parent Disapproval of Respondent Having One or Two Drinks Nearly Every Day (Very Wrong/Wrong)						
Adult	2005	2008	2014	Student	2005	2008 2014
Fond du Lac County			NA	Fond du Lac County		88%
Wisconsin			NA	Wisconsin		NA
U.S.			NA	U.S.		NA

Alcohol in the Community

In 2014, 57% of student respondents reported it was very easy/fairly easy to obtain alcohol; respondents in older grades or with lower academic grades were more likely to report this. Thirty-six percent of student respondents reported they usually received their alcohol from a family member. Forty-four percent of student respondents reported the community is actively discouraging or saying it is not OK for students to drink alcohol in the ways that these products are advertised, promoted and sold. Respondents in younger grades or with higher academic grades were more likely to report the community is discouraging alcohol use among students. Seven percent of student respondents reported in the past year they bought or drank alcohol at a community event such as a concert, sporting event, festival or fair. Fourteen percent of student respondents reported they attended a party where the parents were present and aware that alcohol was being served to underage youth. Respondents in older grades or with lower academic grades were more likely to report attending a community event and having a drink or at a party where parents were present and aware of underage youth having alcohol. From 2005 to 2014, there was a statistical decrease in the overall percent of student respondents who reported it was very or fairly easy to access alcohol. From 2005 to 2014, there was no statistical change in the overall percent of student respondents who reported the community is actively discouraging/thinks it is not OK for students to use alcohol.

Very Easy/Fairly Easy to Access Alcohol						
Adult	2005	2008	2014	Student	2005	2008 2014
Fond du Lac County			NA	Fond du Lac County	69%	73% 57%
Wisconsin			NA	Wisconsin		NA
U.S.			NA	U.S.		NA

Family Member as Source of Alcohol							
Adult	<u>2005</u>	<u>2008</u>	<u>2014</u>	Student	<u>2005</u>	<u>2008</u>	<u>2014</u>
Fond du Lac County			NA	Fond du Lac County			36%
Wisconsin			NA	Wisconsin			NA
U.S.			NA	U.S.			NA

Community Actively Discouraging/Says It's Not OK for Students to Drink Alcohol							
Adult	<u>2005</u>	<u>2008</u>	<u>2014</u>	Student	<u>2005</u>	<u>2008</u>	<u>2014</u>
Fond du Lac County			NA	Fond du Lac County	43%	44%	44%
Wisconsin			NA	Wisconsin			NA
U.S.			NA	U.S.			NA

Bought or Drank Alcohol at Community Event (Past Year)							
Adult	<u>2005</u>	<u>2008</u>	<u>2014</u>	Student	<u>2005</u>	<u>2008</u>	<u>2014</u>
Fond du Lac County			NA	Fond du Lac County			7%
Wisconsin			NA	Wisconsin			NA
U.S.			NA	U.S.			NA

Attended Party Where Parents Were Present and Aware That Alcohol Was Served to Underage Youth (Past Year)							
Adult	<u>2005</u>	<u>2008</u>	<u>2014</u>	Student	<u>2005</u>	<u>2008</u>	<u>2014</u>
Fond du Lac County			NA	Fond du Lac County			14%
Wisconsin			NA	Wisconsin			NA
U.S.			NA	U.S.			NA

V. Mental Health

Personal Mental Health

In 2014, 17% of adult respondents reported they have been treated for or told they have a mental health condition in the past three years; respondents with some post high school education, in the bottom 40 percent household income bracket or in the top 40 percent household income bracket were more likely to report this. Three percent of adult respondents reported they did not receive the mental health care needed in the past year. Three percent of adult respondents reported they always or nearly always felt sad, blue or depressed in the past 30 days. Four percent of adult respondents reported they seldom or never find meaning and purpose in daily life; respondents who were male or with a mental health condition were more likely to report this. From 2008 to 2014, there was a statistical increase in the overall percent of adult respondents who reported a mental health condition. From 2005 to 2014, there was a statistical decrease in the overall percent of adult respondents who reported they always/nearly always felt sad, blue or depressed. From 2005 to 2014, there was no statistical change in the overall percent of adult respondents who reported they seldom/never found meaning and purpose in daily life.

In 2014, 17% of student respondents reported they always or nearly always felt sad, blue or depressed in the past 30 days; respondents who were female or with lower academic grades were more likely to report this. From 2005 to 2014, there was no statistical change in the overall percent of student respondents who reported they always/nearly always felt sad, blue or depressed.

Mental Health Condition						
Adult	<u>2005</u>	<u>2008</u>	<u>2014</u>	Student	<u>2005</u>	<u>2008</u> <u>2014</u>
Fond du Lac County		11%	17%	Fond du Lac County		NA
Wisconsin			NA	Wisconsin		NA
U.S.			NA	U.S.		NA

Unmet Mental Health Care (Past 12 Months)						
Adult	<u>2005</u>	<u>2008</u>	<u>2014</u>	Student	<u>2005</u>	<u>2008</u> <u>2014</u>
Fond du Lac County			3%	Fond du Lac County		NA
Wisconsin			NA	Wisconsin		NA
U.S.			NA	U.S.		NA

Always/Nearly Always Felt Sad, Blue or Depressed (Past Month)						
Adult	<u>2005</u>	<u>2008</u>	<u>2014</u>	Student	<u>2005</u>	<u>2008</u> <u>2014</u>
Fond du Lac County	6%	4%	3%	Fond du Lac County	18%	14% 17%
Wisconsin			NA	Wisconsin (2013) ¹		25%
U.S.			NA	U.S. (2013) ¹		27%

¹ Student Wisconsin and U.S. question included “felt sad or hopeless almost every day for 2 or more weeks in a row so that you stopped doing some of your usual activities”.

Seldom/Never Find Meaning and Purpose in Life						
Adult	<u>2005</u>	<u>2008</u>	<u>2014</u>	Student	<u>2005</u>	<u>2008</u> <u>2014</u>
Fond du Lac County	6%	4%	4%	Fond du Lac County		NA
Wisconsin			NA	Wisconsin		NA
U.S.			NA	U.S.		NA

Suicide

In 2014, 3% of adult respondents felt so overwhelmed they considered suicide in the past year. From 2005 to 2014, there was no statistical change in the overall percent of adult respondents who reported they considered suicide in the past year.

In 2014, 14% of student respondents felt so overwhelmed they considered suicide in the past year. Respondents who were female or with lower academic grades were more likely to report they considered suicide. Seven percent of all student respondents attempted suicide in the past year; respondents in younger grades, who were female or with lower academic grades were more likely to report this. Two percent of all student respondents attempted suicide which resulted in a doctor or nurse treating them. From 2005 to 2014, there was a statistical decrease in the overall percent of student respondents who reported they considered suicide.

Considered Suicide (Past Year)						
Adult	<u>2005</u>	<u>2008</u>	<u>2014</u>	Student	<u>2005</u>	<u>2008</u> <u>2014</u>
Fond du Lac County	5%	5%	3%	Fond du Lac County	25%	18% 14%
Wisconsin			NA	Wisconsin (2013)		13%
U.S.			NA	U.S. (2013)		17%

Attempted Suicide (Past Year)							
Adult	<u>2005</u>	<u>2008</u>	<u>2014</u>	Student	<u>2005</u>	<u>2008</u>	<u>2014</u>
Fond du Lac County			NA	Fond du Lac County			7%
Wisconsin			NA	Wisconsin (2013)			6%
U.S.			NA	U.S. (2013)			8%
				<i>HP2020 Goal</i>			2%

Suicide Attempt Treated by a Doctor or Nurse (Past Year)							
Adult	<u>2005</u>	<u>2008</u>	<u>2014</u>	Student	<u>2005</u>	<u>2008</u>	<u>2014</u>
Fond du Lac County			NA	Fond du Lac County			2%
Wisconsin			NA	Wisconsin (2013)			3%
U.S.			NA	U.S. (2013)			3%

People are Caring and Sympathetic to Persons with Mental Illness

In 2014, 65% of adult respondents agreed that people are caring and sympathetic to persons with mental illness; respondents who were 45 to 54 years old, in the bottom 40 percent household income bracket or who did not have a mental health condition were more likely to report this.

Strongly/Slightly Agree People are Caring and Sympathetic to Persons with Mental Illness							
Adult	<u>2005</u>	<u>2008</u>	<u>2014</u>	Student	<u>2005</u>	<u>2008</u>	<u>2014</u>
Fond du Lac County			65%	Fond du Lac County			NA
Wisconsin			NA	Wisconsin			NA
U.S.			NA	U.S.			NA

VI. Access to Dental Care

Dental Care

In 2014, 69% of adult respondents reported a visit to the dentist in the past year. Respondents who were 35 to 44 years old, 55 to 64 years old, with a college education, in the top 40 percent household income bracket or married were more likely to report a dental checkup in the past year. Thirteen percent of adult respondents reported there was a time in the last 12 months they did not receive the dental care needed; respondents who were 18 to 34 years old or in the bottom 40 percent household income level were more likely to report this. From 2005 to 2014, there was no statistical change in the overall percent of adult respondents reporting a dental checkup in the past year.

Dental Checkup (Past Year)							
Adult	<u>2005</u>	<u>2008</u>	<u>2014</u>	Student	<u>2005</u>	<u>2008</u>	<u>2014</u>
Fond du Lac County	71%	68%	69%	Fond du Lac County			NA
Wisconsin (2010)			75%	Wisconsin			NA
U.S. (2010)			70%	U.S.			NA

Unmet Dental Care (Past 12 Months)							
Adult	<u>2005</u>	<u>2008</u>	<u>2014</u>	Student	<u>2005</u>	<u>2008</u>	<u>2014</u>
Fond du Lac County			13%	Fond du Lac County			NA
Wisconsin			NA	Wisconsin			NA
U.S.			NA	U.S.			NA
<i>HP2020 Goal</i>			5%				

Conclusion/Recommendations

Community efforts are improving the health of adults and students in the county. However, some risk behaviors have remained high and now is the time to review programs/initiatives to determine if new strategies may be needed. Below are a few conclusions and recommendations around the six priority areas.

- 1) Focus on adult overweight and obesity rates. Student overweight and obesity rates have leveled off. However, over two-thirds of adults were at least overweight; a full one-third were obese. Both rates continue to climb. The community has currently produced many healthful living programs and events for all residents. Now is the time to target those at the highest health risk levels. The decrease in quality of life and the increase in health care costs are too important for the community to ignore.
- 2) Focus on current smokers who have attempted to quit, but have failed. Student tobacco rates have greatly improved; continue these relevant student programs and initiatives. Adult tobacco use rates have not improved since 2005. Half of the current adult and current student smokers tried to quit smoking in the past year but failed. Target these residents with evidence-based tools to help them achieve what they tried to do.
- 3) Conduct additional data research on prescription drug misuse/abuse. Data on this issue is promising. However, there is not much trend data at this time. Continue to collect usage data from adults and students. Consider additional community research, either primary or secondary, to determine the extent of the issue in the county.
- 4) Focus on adult alcohol binge drinking. Significant improvements in student rate for monthly use as well as for binge drinking have occurred. Continue these relevant programs and initiatives. In contrast, adult binge drinking has increased in the same time frame and is not due to a definition change. In 2003 and 2014, the same definition (4 or more drinks for females and 5 or more drinks for males) was used and 2003 binge data was much smaller (16%) compared to 2014 data (42%). Although alcohol is embedded in society, target those who binge with the costs associated with binge drinking (personal and economic). In addition, review evidence-based programs and strategies that focus on these binge drinkers to decrease the rate.
- 5) Focus on student mental health. The adult rate for always/nearly always feeling sad, blue or depressed improved while the student rate remains unchanged. In addition, even though the student rate of considering suicide statistically improved, one in seven students is unacceptable. Brainstorm targeted student strategies and initiatives to continue the progress.
- 6) Focus on dental access. The little amount of data available is discouraging. Thirteen percent of adult respondents delayed or did not receive needed dental care in the past year while one-third did not go to the dentist within the past year. The cost of delaying care, either preventive or immediate, could become even larger if more damage is done.